

Broccoli and cheese frittata

*Yield: 45 servings

Portion Size: ½ cup

Precost	Portion	Ingredient	<u>45</u> <u>Servings*</u> Amounts	For Servings	Directions
		Cottage cheese, nonfat Cheddar cheese, shredded Mozzarella cheese, shredded Eggs, frozen, pasteurized Broccoli, florets, fresh, blanched and chopped or use frozen, thawed, chopped Onion, small dice, sautéed Dill, dried Olive oil or vegetable oil Margarine, melted, optional Salt Pepper	1.5 cups ¾ cup ¾ cup 5 lb carton 5 lbs. 3 cups 2 Tbsp. 3 Tbsp. 1 Tbsp. 1 Tbsp. 2 Tbsp. 1 Tbsp.		1. Thaw frozen eggs in refrigerator overnight. 2. Combine eggs and cheeses. 3. Sauté onions in vegetable oil until soft. Add dill and broccoli and cook until broccoli is heated. 4. Add broccoli/onion mixture to egg mixture. Stir thoroughly. 5. Spray 2.5 inch pan with food release. 6. Pour egg mixture into pan. 7. Spray film wrap with food release, cover well and steam until an internal temperature of 155°F, OR bake uncovered at 350°F until an internal temperature of 155°F 8. Serve using a number 8 scoop.